



# The Inside Scoop

Education & Ice Cream

## Lymphedema Management

Tuesday, May 21, 6:00 p.m.

Learn how you can better manage your lymphedema (swelling caused by a build-up of lymph fluid under your skin from lymphatic system blockage).

Lymphedema management focuses on

- Lymphedema risk reduction
- Treatment of the lymphatic system in early stages
- Management of existing conditions
- Lymphedema education
- Compression garments fitting for maintenance phase

**Presenter:** Neethu Thyparambil, PT, CLT, registered physical therapist and certified lymphedema therapist [oasistherapyfrederick.com](http://oasistherapyfrederick.com)

**Before this free program there will be an optional fried chicken dinner at 5:15 p.m. for \$5.00. Reservations due 48 hours before the program date.**

### Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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9020 Amelung Street, Urbana, MD 21704

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